

THEORY CLASSES.

Methods of Teaching

How to be a Teacher

Aim - an ideal

Objective - general - health

specific - think adult.

Speaker - Russel Sage College. May. N.Y.

1. Training of a perfectly functioning human being, physically strong + well poised, organically sound + efficient, mentally alert + present looking, emotionally well controlled + well-balanced.
2. The education of a co-operative, creative, serviceable member of society with ideals, attitudes, habits & standards of living, which make for bigger broader, more tolerant, more interesting, more helpful + more creative man + woman.

METHO
PS

teacher - ideal of one.

child - conception of teacher + classes.

environment - pleasant.

activity - interesting.

time - well-filled, profitable.

Hetherington

Objectives of P.E.

1. The immediate objectives is the organization & the leadership of child life as expressed in big muscle activities.
2. The remote objective is adult social adjustment & efficiency.
3. The objectives in development.
 - a. The development of the instinct mechanisms.
 - b. The development of the intellectual mechanisms.
 - c. The development of the neuro-muscular mechanisms and nervous power.
 - d. The development of organic power.
4. The objectives in social standards.
5. The objectives in the control of health conditions.
6. Definition of physical education.

P.E. is that phase of education which is concerned, first, with the organization & the leadership of children in big-muscle activities, to gain the development & the adjustment inherent in the activities according to social standards, and second, with the control of health & growth conditions naturally associated with the leadership of the activities, so that the educational process may go on without growth handicaps.

Activities

Natural & Playful Activities

- arising out of instinct tendencies

I. Self - Testing activities

- achievements & stunts

A. locomotor stunts

B. Floor & ground stunts

.. individual & partner

.. group pyramids

C. Apparatus activities & stunts

II. Dramatic Activities

A. Impersonating plays

B. Constructive dramatics

III. Rhythmic Activities . Dancing

A. Singing games

B. Gym - dancing

C. Interpretive & Expressive dancing

D. Social dancing

IV. Play & Games

A. Chasing

B. Tag ball games

V. Athletic Activities or contests

A. Individual events - track & field events

B. Athletic games

1. Single or dual

2. Team games

VI. Personal Competitive Activities

- A. In competitive plays.
- B. In formal fighting:
 - activities & achievements
 - 1. wrestling
 - 2. boxing
 - 3. fencing

VII. Water Activities

- A. Wading - swimming:
 - 1. swimming & diving
 - 2. " contests
 - 3. team games
- B. Boating & canoeing:
 - 1. Rowing & paddling
 - 2. contests
- C. Sailing.

VIII. Winter Activities

- A. Snow dramatization & games.
- B. Ice-creeder achievements:
 - 1. Skating
 - 2. Ski-ing
 - 3. Snowshoeing
- C. Snow & ice contests:
 - 1. Individual events

Related Activities - arising out of necessity or a natural or industrial interest.

IX. Ice-creeder or place adjustments

- A. Walking
- B. Adjustments with soft animals & machines.

X Outing Activities involving a natural interest.
- chiefly of value for weekends & holidays or for adults.

A. The vigorous forms.

1. Camping or hiking.
2. Nature excursions.
3. Bicycling trips.
4. Canoeing trips.
5. Hunting or fishing.
6. Horseback riding.

B. The more passive forms.

1. Shooting marksmanship.
2. Camping, housepartying.
3. Driving.
4. Fishing.
5. Sailing.
6. Power boating.

XI Industrial Activities.

(especially those involving
nu. vigorous & stimulating
muscular activity).

Standardized & Invented Movements
exercises & drills.

XII Marching & drills.

XIII Pastoral instruction.

XIV Drills corrective, disciplinary
& developmental movements.

XV Special corrective movements.

● 1. Between 8-10 yrs.

1. Enjoys adventure, fighting, hunting & running.
2. Begins to be co-operative & generous.
3. Demands separation of sexes for many forms of play.
4. Takes an interest in skills.
5. Tries to tease & dare.
6. Ready to judge actions, make rules, & enforce them.
7. Ready to obey rules of games.
8. Feels satisfaction of group success.
9. Seeks information of own initiative.
10. Ready to evaluate his own strength & weaknesses.
11. Ready to evaluate his own behavior & its effects upon others.

● C. After 10 yrs.

1. Interested in competition & skills.
2. Acquires respect for rules of games.
3. Ready to develop health habits for the sake of activity.
4. Interested in social organization & intellectual experiences.
5. Interested in actual life situations.
6. Ready to appreciate group success & failure.
7. Developing a social consciousness.
8. Ready for help from sympathetic adults.
9. Ready to submerge self for sake of group.
10. Developing appreciation of fundamentals of skills as motor co-ordinations are improving.

Secondary School Boys

Psychological Characteristics -

1. Morbid & given to day-dreaming.
2. Attracted to opposite sex.
3. Unwilling in the whole to accept decisions of adults.
4. Indifferent of adult interference.
5. Desirous for adventure & excitement.
6. Susceptible to hero worship.
7. Becoming self-confident.
8. Emotions strong & little controlled.
9. Impulses developing rapidly & strongly.
10. Love of belonging to clubs, groups, teams, asserting itself.

Physical development -

1. Rapid increase in growth.
2. Slow increase of motor co-ordination.
3. Susceptibility to fatigue.
4. With maturity - strength, endurance, slowing down of growth.



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